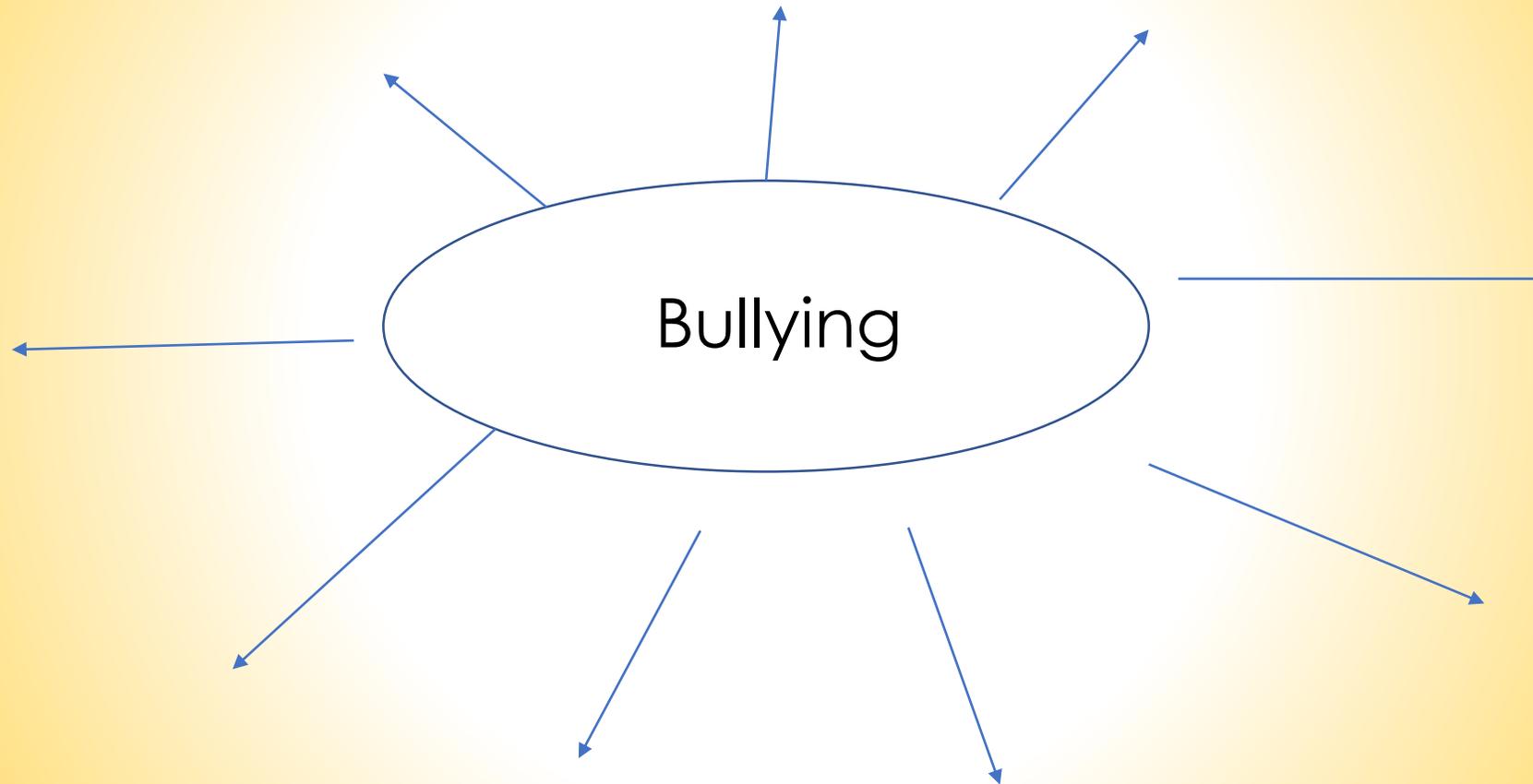


**STOP**  
**BULLYING**

# What does Bullying mean ?

Can you think of some words which describe bullying to you?



***Bullying involves an imbalance of power between the bully and the victim, is intentionally harmful and occurs repetitively. ([Olweus et al.](#), 1999)***

***“Bullying is when you keep picking on someone because you think you’re cooler, smarter, stronger or better than them.” BRIM ANTIBULLYING SOFTWARE – A child’s perspective.***

# Let's understand a bit more about Bullying

- Sometimes it is very easy for us to use the word 'bullied' when we are feeling a certain way.
- But it is very important that we understand what the word 'bullied' really means.

***“Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.”***  
**WWW.STOP BULLYING.GOV**



Look at these pictures and discuss with your talking partner what is going on. How do you think the children in the pictures may be feeling and why?





## Where can bullying take place

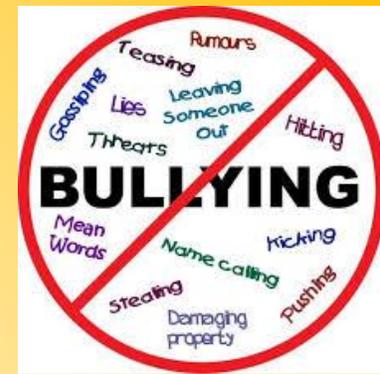


Turn to your talking partner and discuss where you think that acts of bullying can take place?



**Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like the playground or on the bus. It can also happen travelling to or from school, in the local neighborhood, or [on the Internet](#).**

# What can we do to stop bullying?



<https://www.anti-bullyingalliance.org.uk/anti-bullying-week/school-resources/primary-school-pack>

Watch the short video clip above. Can you think of any other ways that we can stop acts of bullying ?



# Where do I go if I feel that I may be being bullied?



***“No matter how alone you might feel, there is always someone you can talk to and someone who can help.”***

- Ignoring bullying won't make it go away. You need to tell someone what is happening.
- If the bullying is happening at school talk to your parents or carer and your teacher.
- Your teacher may have no idea that you are being bullied, and the school will have an anti-bullying policy to deal with it.
- If you feel you can't speak to your teacher, maybe a friend can do it for you. You can also speak to a school counsellor, welfare officer or nurse.



**BULLYING**



**YOU  
ARE  
IMPORTANT**

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- **If the bullying is happening outside school**  
Talk to your parents or carer, or close relatives such as grandparents, aunts and uncles, or even your friends' parents. Youth workers and leaders may be able to help too.
- **If the bullying is happening online**  
Tell a trusted adult – your parents or carer, or a teacher. You can report abusive posts on [Facebook](#) and other social media platforms.
- Keep reporting the bullying until it stops. It may not stop the first time you tell your parents or teacher. If the bullying continues, tell them again.